

Ceymis kujirida Ilkaha Dadka waaweyn

Qoraalkaan wuxuu soo bandhigayaa dul marid kusaabsan adeegaha ilkaha ee loogu talagalay dhammaan dadka waaweyn ee da'doodu tahay 21 iyo kaweyn oo ceymis ugu jira dhinaca Washington Apple Health (caawimaada Caafimaadka).



Adeegaha ceymiska kujira

Hababka Baarista

Baaritaanada

- ◆ Bilaabida baaritaan buuxa – hal mar macmiil kasta, daryeel bixiye kasta ama xarun caafimaad
- ◆ Baaritaan wakhtiyeyesan – 1 6 bilood kasta
- ◆ Baaritaan xadidan – intiiba loo baahdo

Raajitada

- ◆ Taxane buuxa (FMX) – 1 3 sanno kasta
- ◆ 4 filimka lagu sawiro ilkaha kore iyo kuwa hoose ah – 12 bilood kasta
- ◆ Raajida ilkaha lagu sawiro – 3 sanno kasta (Raajida ilkaha lagu sawiro waa raajito labbo-dhinac leh middaas oo muujinaysa dhammaan goysaha iyo ilkaha kore iyo hoose kuna muujisa isla filimka.)
- ◆ hilibka cas ee ilkuhu kuyaaliin – intiiba loo baahdo (malax suurtogal ah ayaa ah baahida baddan)

Adeegaha Kahortaga

- ◆ Kahortaga cudur (nadiifin) – 1 12 bilood kasta
- ◆ Marinta Foloraydh (dhallaalin)
 - 21 iyo kaweyn – 1 12 bilood kasta
 - Dadka degan dhismo noolaansho bedelaad ah – 3 12 bilood kasta

Hagaajin Aasaasi ah (buuxin)

- ◆ Rakibida ama hagaajinta qalinka - halmar ilig kasta oo ah muddo 2-sanno ah

Cirridka (cudurka cirridka)

- ◆ Isla ekeynta iyo fidinta xididka– 2 sannadood walba rubuc kasta
- ◆ Hagaajin cirridka – halmar 12 bilood kasta

Gudaha (godka xididka)

- ◆ Madaxa (afka hore) iliga oo keliya – kore iyo hoose

Ilkaha sinaaciga ah/Qaybaha

- ◆ Ilkaha sinaaciga ah oo buuxa – laceymis geliyay, kahor ogolaanshaha loo baahday
- ◆ Qaybaha ilkaha sinaaciga ah, maado gubata kusalaysan (maado aashito ah) – laceymis geliyay, kahor ogolaanshaha loo baahday
- ◆ Asal celin iyo dib leen u samayn ilkaha sinaaciga ah – 1 kujira muddo 3-sanno, ugu yaraan 6 bilood kadib marka lageliyay ilkaha sinaaciga ah ee asalka ah
- ◆ **Bedelida qaybaha** – ay dhici karto in laceymis geliyay haddii ilkaha sinaaciga ah ay yihiin ugu yaraan 3 sanno jir

Qaliin Afka ah

- ◆ Siibid fudud, siibid qaliin, jarrid qaybo unugyada ah, jeexida gudaha iyo dibada afka, iyo daadin
- ◆ Suuxinta oksiidka nitrojiinka laceymis geliyay.

Waxay dhaqan gelaysaa bisha Maajo 1, 2014, qaabab suuxdin kale iyo afka ayaa looceymis geliyay xaalad-xaalad marka macmiilka uu qabbo xaalado caafimaad oo ah isticmaalka oksiidka nitrojiinka (tusaale ahaan, dhaqdhaqaaq aan laxakamayn ama xaalado neef).

Adeegaha aan ceymiska lagelin

- ◆ Buundado
- ◆ Abuurid
- ◆ Qurxinta ilkaha

QAYBTA HORUMARINTA NAAFOOYINKA (DDD)

Loogu talagalay dadka waaweyn ee qabba cayimidaan, dhammaan ceymis kujirida waa mid lamid ah sida “adeegaha lagu ceymiyay” dusha, ay lasocoto shuruudaha soo socda:

- ◆ Falooraydh lamariyo – 3 jeer sannad kasta
- ◆ Kooleyn – laceymiyay oo loogu talagalay gadaasha iliga
- ◆ Taaj qurux – bir macdan keliya, laceymiyay oo loogu talagalay gadaasha iliga ay lasocoto dukumeenti taageero

Wixii khuseeya macluumaad dheeri ah oo kusaabsan dheefahaaga ilkaha laceymiyay, laxiriir: Maamulka Daryeelka Caafimaadka 1-800-562-3022

Si aad u hesho daryeel bixiye ogolaada
Washington Apple Health, booqo bogga intarnatka:
<https://fortress.wa.gov/hca/p1findaprovider/>



Maamulka Daryeelka Caafimaadka wuxuu maamulaa Washington Apple Health (caawimaada Caafimaadka)